

# Root Chakra 7th Gate

**Tone:** C

**Frequency:** 256 Hz.

**Zodiac:** Aries

**Color:** Red

**Chakra:** Root - Muladhara

**Vowel:** Uh (as in "cup")

**Bija:** Lam

**Element:** Earth

**Physical Correlates:** Large muscles, Blood circulation, Heart, Estrogen, Sciatic Nerve, Adrenals, Organs of Elimination, Reproduction, Skin Ailments, Skeletal Issues. Systemic problems: (Candida, viral, mold, bacterial, parasites.)

**Emotional Correlates:** Depression, Power and Control issues, Survival, basic needs (food, shelter, community, family), Wealth, Sexuality, Ungroundedness, Inability to manifest

**Shabd Sound:** Thunder/Earthquake

**Energy:** Grounded, Stable, Secure, Trusting, Organized, Practical, Resourceful, Connection to Primordial Wisdom, Physical Vitality, Confidence, Courage

**Mantra:** **Om Para Shakti Namaha** Sanskrit mantra as given by Amritanandamayi for awakening creative fire.

